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## GO FROM FLAB TO FLAT

WANT A BELLY YOU'D BE PROUD TO SHOW OFF THIS BEACH SEASON? HERE'S A TIP FOR YOU: KEEP THE BANANAS AND NUTS TO A MINIMUM PAGE 17

## Ford's 'movers and shakers' shimmy into city hall

Mayor hires new staffers following departures PAGE 3

## Oral sex and cancer: Clear up the facts

Michael Douglas has linked cunnilingus to his throat cancer, drawing attention to HPV infections PAGE 18

## Feds enlisting teenagers in bullying fight

Government partnering with Red Cross to train youth who'll deliver anti-bullying workshops PAGE 10

NEWS WORTH SHARING.

## PICTURE OF HEALTH

**Brad Pitt and Angelina Jolie, making a second public appearance since she had a preventative double mastectomy earlier this year, arrive for the French premiere of World War Z in Paris on Monday. Tuesday is Jolie's 38th birthday. Directed by Marc Forster (Quantum of Solace), the film has been pegged as a reinvention of the zombie genre and is an adaptation of Max Brooks' bestselling novel. It opens in Toronto on June 21.** REMY DE LA MAUVINIERE/THE ASSOCIATED PRESS

# Don't be stingy with transit cash, TTC boss tells feds

**Making a case.** Andy Byford the latest to join call for more funding from Ottawa

TTC chief Andy Byford is adding to a growing chorus of demands for Ottawa to step up and pay for more of Toronto's mushrooming transit needs.

Byford's appeal at a Canadian Club lunch on Monday echoes comments made by Premier Kathleen Wynne on Friday.

She called again for Ottawa to contribute more in the Toronto region after federal Finance Minister Jim Flaherty said his Conservative government won't support a one per cent regional HST hike to help pay for transit.

Byford said he's "agnostic" when it comes to the source of Toronto's transit funding. But it's difficult to manage North America's third-largest transit system efficiently without knowing year to year what its subsidy and fare revenue will be.

The case for more stable, federal funding needs to be made by large transit operators through the Canadian Urban Transit Association, he said, to show that help with building transit isn't good only for Toronto.

"If we had a national transit strategy, I think it makes the case for getting consistent, stabilized, fair funding from all three levels of government that much more achievable," said Byford.

Better transit along Toronto's east and west waterfront is among the city's most pressing needs, Byford added.

TORSTAR NEWS SERVICE

**TTC in line for upgrades**

- Within the next five years, the TTC will roll out a new fleet of downtown streetcars, more Toronto Rocket subway trains and the Presto fare card.
- It will open the Spadina subway extension, add a computerized signalling system, open a second platform at Union Station and renovate the deteriorating track bed on the Yonge line.

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Weather

## It's not always sunny in Toronto

After an erratic spring full of cold weather and surprise frost warnings, Torontonians are finally looking forward to basking in the sunshine of a warm summer.

However, unlike last summer, which was one of the hottest summers the GTA has ever experienced, there will be more moderate temperatures this time around predicts Chris Scott, the Weather Network's chief meteorologist.

Although it is not expected to be nearly as hot as last year, Scott predicts there will be a healthy balance of hot days with some cooler days in the mix.

TORSTAR NEWS SERVICE

Lone correspondent

## Indian paper finds home in Brampton

Over lunch, Brampton-based journalist Satpaul Singh Johal asks if Rob Ford will retire. He's already written one news story about the Toronto mayor's video scandal and has just penned an analysis piece for his readers — in Punjab, India.

Every day Johal and two colleagues file stories to their editors 12,000 kilometres away at Daily Ajit in the city of Jalandhar.

Johal moved to Brampton in 2001.

TORSTAR NEWS SERVICE

Satpaul Singh Johal
TORSTAR NEWS SERVICE

Mayor Rob Ford brings in new staff members on Monday after losing six over the past week. STEVE RUSSELL/TORSTAR NEWS SERVICE

# Ford trying to plug holes on sinking ship

**Hiring spree.** Names of three new recruits released via phone list as Flaherty tells media he advised the mayor

Mayor Rob Ford is filling vacancies in his office that were created as staffers left last week in the wake of the crack-video scandal.

Ford moved quickly to counter the apparent chaos in his office, saying he had hired "movers and shakers" to replace the departed staff members.

As previously reported, one of the new faces is Katrina Xavier Ponniah, a recent Mount Allison University graduate. On Monday, the city announced three others were joining the mayor's office: Victoria Colussi, Jonathan Kent and Rob Krauss.

Last week's exodus included the mayor's policy adviser, Brian Johnston, executive assistant Kia Nejatian and special assistant Michael Prempeh.

On Monday, special assistant Tom Beyer, a longtime Ford ally who worked the front desk in the mayor's office, was promoted to become the mayor's executive assistant.

Twice on Friday, the mayor made the short trek from his office to the glass-walled suite where his staffers work, allowing media to see the meetings but not hear anything.

The new staffers appeared to listen intently, smiling and nodding occasionally as Ford spoke. The mayor left through a rear door, avoiding reporters; the same exit used by the staffers when their day ended.

Federal Finance Minister Jim Flaherty said Monday that he'd had "personal" talks with Ford since the crack scandal began.

"I'm very close to the family and I won't comment further on that," said Flaherty, who was a Tory MPP with Rob Ford's father during the Mike Harris years, to CBC television.

TORSTAR NEWS SERVICE

**The flood**

**The exodus began when Ford fired his chief of staff, Mark Towhey, on May 23.**

- Press secretary George Christopoulos and communications assistant Isaac Ransom quit a week ago "on principle," a source told Torstar News Service.
- Observers have described the mayor's office as being understaffed even before the exodus began.

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# It don't float bureaucratic boat

**City not on board.** Captain says he just wanted to lighten load off ferry and make a few bucks when he offered rides

There are a few sure things in Toronto: the Maple Leafs losing, the Don Valley Parkway moving at 20 km/h and island ferry lineups that mount in lockstep with the mercury.

Captain Terry Turl can't do anything about the Leafs or the DVP, but he wanted to solve the ferry problem with his luxury yacht, Miss Toronto. A 30-year veteran of Lake Ontario, Turl decided to tie up near the staggeringly long lines on Victoria Day and offer people a seat on his ship.

"The lineup was huge so I just took my sign — I have a sign on a board and it says 'Miss Toronto leaving now' — I walked to the end of the line and held it up with the prices on it: $10 for adults, $5 for kids. I said I can take a hundred people. Boy, people couldn't wait to jump on."

**Quoted**

**"There's nowhere for that lineup to go except down Queens Quay and down York St."**
Captain Terry Turl

But then officials from the City of Toronto spoke up. Turl was loading on a dock authorized only for personal boats — commercial unloading was explicitly prohibited by a sign on the seawall.

"The private sector can help out, but they can't just go and pick up passengers on a zone that is not designated for passenger pick-up and drop-off," said James Dann, manager of waterfront parks.

"While the media reports that there are massive lineups, 90 per cent of the time we are processing passengers in 20 minutes or less," he said.

When Turl approached the city to apply for the proper permits, his request was batted around various municipal offices. His request is still in limbo. TORSTAR NEWS SERVICE

Terry Turl, captain of Miss Toronto luxury boat.
ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE

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## Durham. Police charge 60-year-old bus driver for asking 14-year-old on date

A Clarington bus driver faces a charge of criminal harassment after being accused of trying to arrange a date with a high school student.

Durham Region police said Monday they had charged driver Craig Brand, 60, with harassment in connection with the alleged May 27 incident involving a 14-year-old student passenger who attends St. Stephen's Secondary School in Bowmanville.

Police said the driver stopped to drop off the student in the City of Kawartha Lakes at about 3:20 p.m. that day. The driver left the bus, followed the student and asked her for a date twice, according to police.

The student, who was fearful, ran home to report the incident to her parents, police added. The bus company fired the driver before police laid the charges.
TORSTAR NEWS SERVICE

Police are looking for the public's assistance in their investigation into the death of Rigat Essag Ghirmay. HANDOUT

## Human remains ID'd

Toronto Police's homicide squad is asking for the public's help in their investigation of female human remains in a duffel bag in the city's west end.

Det. John Margetson said the victim, found May 24, was Rigat Essag Ghirmay, 28, of Toronto, who had come to Canada from Eritrea.

"We are not sure where Ms. Ghirmay passed away, but we believe she was dismembered at 285 Shuter St. in her apartment," he said.

Police are also looking to speak with anyone who knew the accused — Adonay Samuel Zekarias, 41. He has been charged with indignity to a dead body; police said they have spoken with him, but are not satisfied with his level of cooperation. TORSTAR NEWS SERVICE

# Over 100 die in blazing slaughterhouse

**China.** Frantic workers trapped inside plant with only one way out

Fire swept through a poultry-processing plant in northeastern China on Monday, trapping workers inside a slaughterhouse with only a single open exit and killing at least 119 people in one of China's worst industrial disasters in years.

Survivors described panic as workers, mostly women, struggled through smoke and flames to reach doors that turned out to be locked or blocked.

The accident highlights the human cost of China's lax industrial-safety standards, which continue to claim workers despite recent improvements.

Dozens were also injured in the blaze in Jilin province's Mishazi township, which appeared to have been sparked by three early morning explosions, according to the official Xinhua News Agency. The provincial fire department attributed the blasts to an ammonia leak. THE ASSOCIATED PRESS

**Panic and grief**

**"I could only crawl desperately forward.... I worked alongside an old lady and a young girl, but I don't know if they survived or not."**

**39-year-old worker Guo Yan,** as quoted by the official Xinhua News Agency

Medical staff wait near a poultry-processing plant that was engulfed by fire. THE ASSOCIATED PRESS


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Upper Mount Albion

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Major Mackenzie & Dufferin

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## Turkey. White House calls on police and protesters to refrain from violence

The Obama administration voiced concern Monday over Turkey's crackdown on protesters and urged all sides to keep from violence.

Spokesman Jay Carney said all democracies have to work through issues but expects the U.S. ally to do so while respecting its citizens' rights.

Police in Turkey have used tear gas for a fourth day to disperse demonstrations that have spiralled into the country's biggest anti-government disturbances in years.

Secretary of State John Kerry, who has travelled to Turkey three times since becoming America's top diplomat, said the U.S. is following the situation closely and is troubled by reports of injuries and excessive force by police.

Earlier, Turkey's president defended the right of citizens to protest, in contrast to the dismissive stance of the prime minister.

THE ASSOCIATED PRESS

Turkey's Prime Minister Recep Tayyip Erdogan on Monday again dismissed street protests as a passing move by extremists. THE ASSOCIATED PRESS

**Cambodia**

### Violence persists at Nike factory

Cambodian police clashed Monday with factory workers that make clothing for Nike, arresting seven, in the latest strike violence, said union and rights figures.

The protest at the Sabrina (Cambodia) Garment Manufacturing plant began May 21 when workers demanded their salaries be raised to $88 per month from $74.

The strike has seen violence before. Police allegedly used force when workers blocked a main road on May 27, reportedly causing two workers to miscarry. THE ASSOCIATED PRESS

**Cyberattacks**

### Canada tells China to restrain hackers

Defence Minister Peter MacKay said he laid down clear "markers" Monday on how to curb cyberattacks originating in China.

MacKay told his counterpart in Beijing that Canada expects China to play by a "rules-based framework."

He said he was hopeful that there could be a "correction" in the cybersecurity threat if China is continually pressed by a variety of sources.

MacKay was non-committal when asked whether he believes the government is participating in the hacking. THE CANADIAN PRESS

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Spain

## Police find bones in martial-arts gym

Spanish police are trying to determine whether bones found in garbage bags in the gym of a martial-arts instructor belong to multiple crime victims.

Police in the northern city of Bilbao discovered the bones Monday after they said witnesses saw Juan Carlos Aguilar, 47, drag a woman inside the gym by the hair. Officers found her inside, brutally beaten.

Forensic testing is under way to determine how many people the bones belonged to and how they died. Searches were also happening at Aguilar's home and in a nearby river.

The woman who was beaten and tied up in the gym was in a coma at a Bilbao hospital Monday.

THE ASSOCIATED PRESS

New Jersey murder

## YouTube celebrity pleads not guilty

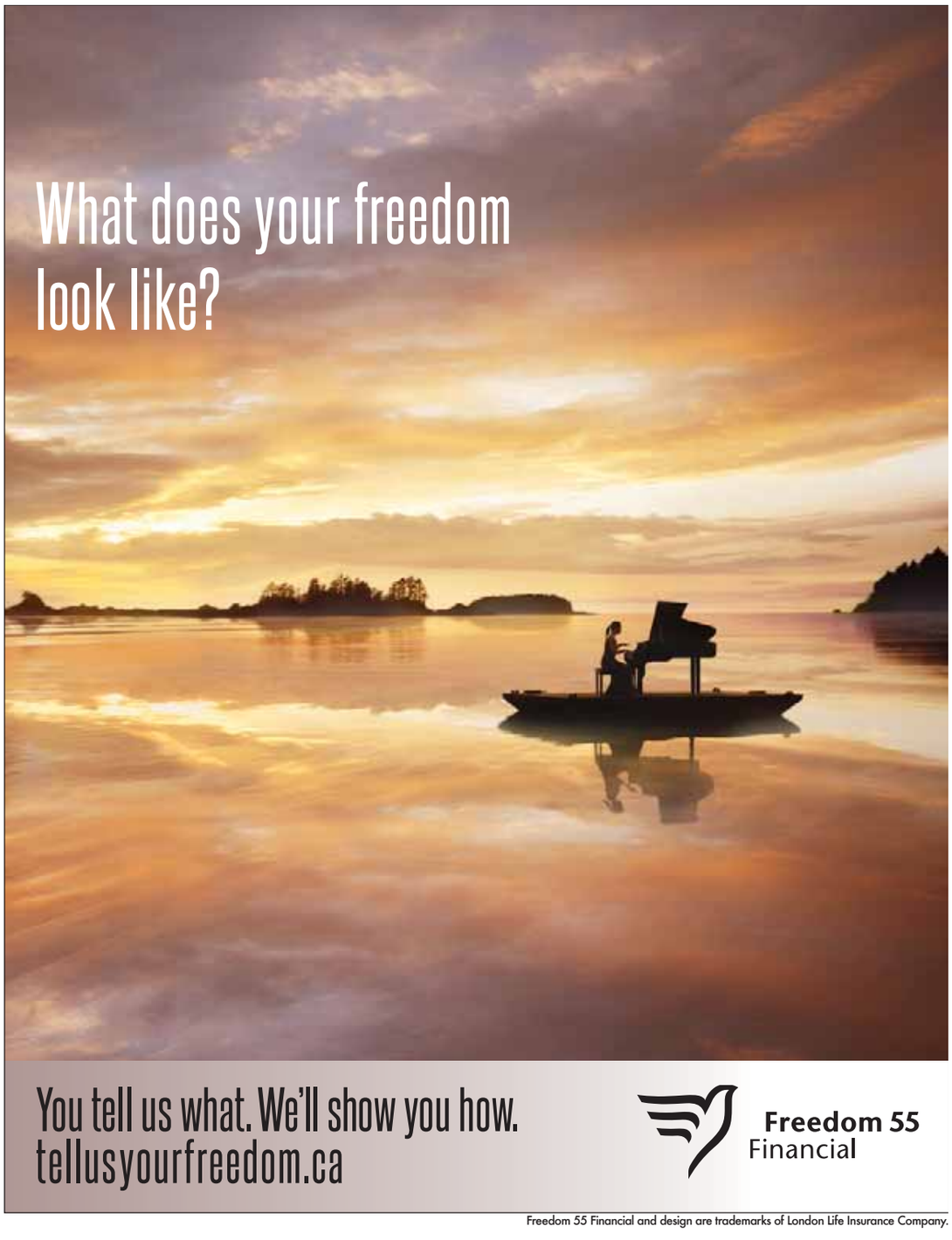
A Canadian man who gained YouTube fame as Kai the Hatchet-Wielding Hitchhiker pleaded not guilty Monday through a lawyer to a murder charge.

Caleb McGillivary, 24, is accused of killing 73-year-old lawyer Joseph Galfy, whose body was found May 13 in his New Jersey home.

McGillivary became a minor celebrity in February after intervening in an attack on a utility worker in Fresno, Calif., describing on TV how he used a hatchet to fend off the attacker. He also appeared on Jimmy Kimmel Live.

McGillivary was born and raised in Edmonton, his father, Gil McGillivary, from Hawkesbury, Ont., said last month.

THE ASSOCIATED PRESS



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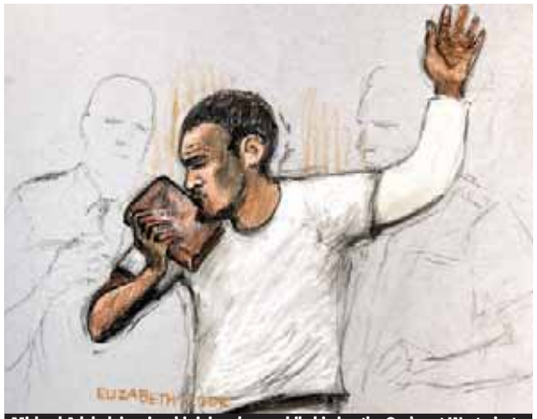

Michael Adebolajo raises his injured arm while kissing the Qur'an at Westminster Magistrates Court in London on Monday. SKETCH BY LIZABETH COOK/THE ASSOCIATED PRESS

# U.K. slaying suspect kisses Qur'an in court

**Michael Adebolajo.** Also blows kiss to man in public gallery, both men then point to sky

One of two main suspects in the killing of British soldier Lee Rigby in London made his first appearance in court Monday, kissing a copy of the Qur'an and raising his injured arm in the air.

Michael Adebolajo, 28, who was shot by police before he was arrested on the scene of the May 22 killing, appeared in court with his left arm heavily bandaged.

Adebolajo — who asked to be known in court as Mujahid Abu Hamza — faces charges of murder, attempted murder of two police officers and firearms possession.

His suspected accomplice, Michael Adebowale, 22, made a separate appearance at another London court via video-link later Monday. Adebowale is also accused of killing Rigby. THE ASSOCIATED PRESS

Task force

**British Prime Minister David Cameron told lawmakers that Parliament's intelligence and security committee would report by the end of the year on whether more could have been done to prevent the killing.**

- A task force to address radicalization will look into whether rules for charities are too lax and allow extremists to prosper, the issue of extremist groups at universities and help for mosques that want to expel extremists.

## WikiLeaks. Prosecutor says info got to Bin Laden

U.S. army Pfc. Bradley Manning faced life in prison as his trial began Monday, three years after he was charged with providing reams of highly-sensitive material to anti-secrecy website WikiLeaks.

Bradley Manning

The 25-year-old former intelligence analyst has admitted to giving information to WikiLeaks, but military prosecutors want to prove he aided the enemy, which carries a potential life sentence. They said they will present evidence that former al-Qaida leader Osama bin Laden asked for and received information WikiLeaks published.

Defence attorney David Coombs said Manning was "young, naive, but good-intentioned." Coombs said Manning selectively leaked material he believed could make the world a better place.

THE ASSOCIATED PRESS

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# Ottawa to fund anti-bullying program

**'Important and timely'.** Feds, Red Cross partner for initiative aimed at protecting youth after recent teen suicides

JOE LOFARO
Metro in Ottawa

The federal government announced funding for a program aimed at eliminating bullying among youth, after recent teen suicides have sent educators and parents looking for ways to protect young people.

Heritage Minister James Moore announced support for a Canadian Red Cross anti-bullying initiative called "Stand Up to Bullying and Discrimination in Canadian Communities." Moore made the announcement with Laureen Harper and Ottawa councillor Alan Hubley at A.Y. Jackson High School in Kanata, a suburb of Ottawa. Hubley's 15-year-old son Jamie attended the school before he took his own life in 2011 after being bullied for being openly gay.

Moore said the government is partnering with the Red Cross, which will train 2,400 youth between the ages of 13 and 17 who will deliver in-class workshops to other youth across Canada.

Hubley called the project "important and timely" in light of the recent suicides of Amanda Todd and Rehtaeh Parsons.

"Canadians such as my family have paid too high a price and want meaningful progress before other families must carry the burden of losing someone special like my boy, Jamie, who only wanted safer communities for everyone," said Hubley.

**A life cut short**

**Jamie Hubley had been a figure skater, and the only openly gay student at A.Y. Jackson High School in Kanata, Ont., a suburb of Ottawa.**


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INCLUDES accom near major attractions. Departs Jun 12/wsv/ws. UPGRADE to 4-star International Palms Resort for $23 per night. ADD *Walt Disney World* Resort 4-Day *Magic Your Way* Base Ticket for $285/adult, $266/child (ages 3-9).

**Los Angeles** Air + 3 Nights $824
Ramada Downtown Los Angeles
INCLUDES accom near the Staples Centre. Departs Jul 18/ggv/ac. UPGRADE to 4-star Millennium Biltmore for $19 per night.

**Europe**

**Prague & Vienna**
Air + 8 Nights + Rail $1499
Parkhotel, Austria Trend Hotel Favorita
INCLUDES all airfare, rail, 4 nights central Prague accom near the Trade Fair Palace, and 4 nights central Vienna accom near St. Stephen's Cathedral. Departs Oct 1/eur/swg/af. ADD Grand City Prague Tour for $52, roundtrip Grand Danube Cruise for $37.

**London** Air + 6 Nights $1347
Hotel Ibis London Earls Court
INCLUDES central accom near Earls Court. Departs Oct 31/acv/ac.

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# Turban ban. Sikh kids told they can play soccer 'in their backyard'

The Quebec Soccer Federation says if Sikh kids want to play soccer while wearing a turban there's an easy solution: They can play in their own yard.

The federation held a teleconference on Monday to explain its weekend decision to uphold a ban on turbans.

Brigitte Frot, the director general of the provincial association, said the reason to maintain the ban is for player safety.

When asked how many injuries have actually been linked to turbans Frot said there are none.

She was asked what she would tell a five-year-old boy in a turban who shows up to play soccer with his friends.

"They can play in their backyard, but not with official referees, not in the official rules of soccer," Frot replied. "They have no choice."

THE CANADIAN PRESS

**The Quebec Soccer Federation announced Sunday it has decided to keep a ban against players wearing turbans on the field. The statement noted that girls are now permitted to wear headscarves on the field in Quebec, following a directive from FIFA in 2012.** MUHAMMAD AL-KISSWANY/THE CANADIAN PRESS FILE

# VIA plot. Terror suspect can't find lawyer who'll use Qur'anic defence

A terror suspect charged in an alleged plot to attack a VIA Rail passenger train is having difficulty finding a lawyer who will try convincing a court to judge him against the Qur'an.

Chiheb Esseghaier appeared in a Toronto court via video link on Monday to discuss his attempts to find legal aid representation — a process that has so far been unsuccessful due to the specific and unusual demands he has made.

"I want that the lawyer help me to change the reference of my case from the laws used by humans to the laws of the holy book," he told the court. "I cannot take a lawyer who is not able to fulfil my need."

When asked by the presiding justice of peace if he fully understood the proceedings, Esseghaier, who was wearing an orange jumpsuit and sported a full beard, said he did.

As the Crown prosecutor told the court the last potential lawyer offered to Esseghaier had been unable to represent him based on his demands, the Montreal man repeatedly asked to be allowed to comment.

"It's not me I refuse the last lawyer," an adamant Esseghaier said.

"He write on a piece of paper, he write and he sign that he is not able to convince the court to change the reference of my case from the Criminal Code to the holy Qur'an." THE CANADIAN PRESS

**Recognizes only God's law**

**Esseghaier's comments Monday echoed previous statements in which he's said he doesn't recognize the secular authority of the Criminal Code in judging him.**

- The 30-year-old Tunisian national was told to continue his search for a lawyer and will next appear in Toronto court via video on June 25.

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†Contest Entry begins on April 8, 2013 at 12:00:01 a.m. ET and ends on June 9, 2013 at 11:59:59 p.m. ET. No purchase necessary. Visit familyrally.ca for complete contest details. ▲Ratings of "Good" are the highest rating awarded for performance in five safety tests (moderate overlap front, small overlap front, side, rollover and rear) conducted by the Insurance Institute for Highway Safety (IIHS) (www.iihs.org). To earn a 2013 TOP SAFETY PICK+, a vehicle must receive a "Good" rating in at least four of the five tests and a "Good" or "Acceptable" rating in the fifth test.

Transparency issue

## Lululemon gets its pants back

Lululemon is starting to get its Luon black yoga pants, which were pulled in March for being too sheer, back into its stores. That bodes well for the company, analysts said Monday. And the see-through snafu didn't affect Lululemon's brand too much, says Canaccord's Camilo Lyon.

Lululemon had blamed the sheerness on a style change and production problems. It hired a new team to oversee the making of the pants, which cost about $72 to $98. The company has said it expects to lose up to $67 million in revenue because of the problem. THE CANADIAN PRESS

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## Glazed and confused

Is it a dessert? Is it a brunch food? Is it really such a good idea? Dunkin' Donuts is adding this doughnut breakfast sandwich — that is, fried eggs and bacon between a split glazed doughnut — to its U.S. menu this week. The sandwich clocks in at 360 calories, which is less than the 390-calorie turkey sausage sandwich the chain recently introduced for people looking to eat better.

JAMES SCHERER/DUNKIN' BRANDS INC./THE ASSOCIATED PRESS

London

## Judge restricts protests after fur flies at Gaga event

A British judge has limited protests outside London department store Harrods after management complained that Lady Gaga fans were disturbed by anti-fur campaigners during an appearance last October. The judge said protesters caused "nuisance, annoyance and harassment" to people attending an event at which the singer appeared.

THE ASSOCIATED PRESS

Market Minute

**DOLLAR** 97.30¢ (+0.85¢)

**TSX** 12,609.80 (-40.62)

**OIL** $93.45 US (+$1.48)

**GOLD** $1,411.90 US (+$18.90)

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# CRTC cracks the dreaded 3-year cellphone contract

**Wireless code.** Telecom regulator's new national standards let customers cancel agreements after 2 years without penalties

Cellphone customers will be able to walk away from their contracts after two years without any early-cancellation penalties under a set of new rules unveiled Monday by the CRTC.

But the Canadian Radio-television and Telecommunications Commission didn't go as far as an outright ban on the controversial three-year contracts that are so widely hated by many Canadians.

Instead, customers will only have to pay the remaining value of the device subsidy if they opt out of their contracts after two years. That means if a customer bought a $600 phone for $99 on a three-year plan, they only have to pay the remaining balance on the device itself to get out of the contract early.

"We didn't focus on the length of the contract, we focused on the economic relation," CRTC chairman Jean-Pierre Blais said in an interview.

"So, in effect, it's equivalent to those asking for a ban of a three-year contract without us actually banning three-year contracts, because what we're saying is the contract's amortization period can only be for a maximum period of 24 months."

The code, which all service providers in Canada will have to abide by, will apply to new wireless contracts beginning Dec. 2. As part of the code, the CRTC is also capping extra data charges at $50 per month and international data roaming charges at $100 per month.

THE CANADIAN PRESS

In the lead-up to public hearings held this year on the new wireless code, the CRTC said it heard a lot of angry comments about three-year contracts. GETTY IMAGES FILE

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| | Male | Female | Male | Female | Male | Female |
| 30 | 11 | 9 | 13 | 11 | 19 | 15 |
| 40 | 13 | 11 | 16 | 13 | 24 | 19 |
| 45 | 16 | 13 | 23 | 17 | 33 | 22 |
| 50 | 17 | 13 | 32 | 24 | 52 | 36 |
| 65 | 61 | 41 | 146 | 94 | 285 | 183 |

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You are invited to share your ideas on how Metrolinx and its operating divisions–GO Transit, PRESTO and Union Pearson Express can make it easier for people with disabilities to travel around our region. Metrolinx invites you to attend a public information meeting and participate in roundtable discussions.

**THORNHILL**

Date: Wednesday, June 12, 2013
Time: 6:30 p.m. – 9:30 p.m.
Location: Thornhill Community Centre, North and Centre Halls
7755 Bayview Avenue
Thornhill, ON L3T 4P1

**Closest GO Transit station:** Langstaff GO Station
For local transit schedule information, visit York Region Transit's website at **yrt.ca.**

**WHITBY**

Date: Thursday, June 27, 2013
Time: 6:30 p.m. – 9:30 p.m.
Location: Abilities Centre, Theatre/Multi-Purpose Room (Second Floor)
55 Gordon Street, Whitby, ON L1N 0J2

**Closest GO Transit station:** Whitby GO Station
For local transit schedule information, visit Durham Region Transit's website at **durhamregiontransit.com.**

**OAKVILLE**

Date: Thursday, June 20, 2013
Time: 6:30 p.m. – 9:30 p.m.
Location: Oakville Town Hall
Oakville and Trafalgar Rooms
1225 Trafalgar Road, Oakville, ON L6H 0H3

**Closest GO Transit station:** Oakville GO Station
For local transit schedule information, visit Oakville Transit's website at **oakvilletransit.com.**

**TORONTO**

Date: Wednesday, July 3, 2013
Time: 6:30 p.m. – 9:30 p.m.
Location: Metro Hall, Rooms 308 and 309
55 John Street, Toronto, ON M5V 3C6

**Closest GO Transit station:** Union Station – Train or Union Station Bus Terminal
For local transit schedule information, visit the TTC website at **ttc.ca.**

If you are interested in attending a meeting, please fill out the registration form on our website at **metrolinx.com/accessibility.** If you cannot attend, but have suggestions to contribute, please submit them to the website as well.

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# PUTTING THE 'PRO' IN PROM

SHE SAYS

**Jessica Napier**
metronews.ca

It's prom season.

I haven't set foot in a high school in almost a decade and yet I can't help but notice the increasing buzz of excitement in the air as teenagers across the country anticipate their iconic end-of-year dance.

Prom is an important rite of passage for young adults and a climactic moment in everybody's high school career — at least according to every single teen movie ever made.

When it comes to coming-of-age stories, corsages tend to get much more screen time than diplomas.

For high school seniors, prom night is essentially a smaller, less expensive version of a wedding reception.

There's the big dress, the cheesy DJ, the posed photos and the overwhelming expectations that are bound to leave you disappointed. These semi-formals have become so much like weddings that it's not even enough to just go to prom anything in common — every moment is documented thoroughly on social media.

This is the Tumblr generation after all; did it even really happen if no one was there to Instagram it?

more. You have to be "promposed" to.

While it might have been good enough in the past to simply corner your crush by their locker after class and ask them to the dance, today's teens are planning elaborate romantic gestures in order to secure a date to prom.

A quick YouTube search shows about 150,000 videos claiming to be the "Greatest Promposal EVER."

From subtle messages scrawled on coffee cups to over-the-top flash mobs set to Justin Bieber's greatest hits, adolescent boys and girls are pulling out all the stops to pop the question to their would-be prom date. Stunts might range from obnoxiously outrageous to sweetly sentimental but they do have one

Of course, it's only worth the effort and embarrassment if you're guaranteed to get the yes, which is why most promposals are between high school sweethearts who are coupled up already.

With teenagers' penchant for drama and insatiable appetite for attention, it's hardly surprising that a simple question has evolved into its own engagement-like ritual. But isn't it all maybe a bit too much?

The pressure to find a prom date is bad enough; these new expectations involving intensely passionate (and public) campaigns are an additional level of stress that senior students don't really need — especially around exam time.

Personally, I'm thankful that none of these shenanigans existed in my high school days.

I'm sure I would have spent weeks scrolling through #PROMPOSAL content alone in my bedroom and feeling disappointed that no one wanted to fill the school cafeteria with helium balloons for me.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

## Nice to moss, er, I mean, meet you

PABLO BLAZQUEZ DOMINGUEZ/GETTY IMAGES

### Spanish man has found the ground

They look like do-it-yourself Halloween costumes but these moss-made outfits are in fact a part of a Spanish tradition dating back to the 12th century. The Procession of the Hombres de Musgo in the town of Bejar originates from a time when Christians reconquered the town from Muslim guards by camouflaging themselves in moss.

Legend has it that a group of Christian men used moss, which grows in abundance there thanks to the region's moist climate, as material for outfits to frighten Muslim guards.

At night, the moss-covered men slipped through the town gates and startled the guards, who thought the men were monsters. Fearing for their lives, the Muslim rulers fled the town forever. METRO

More spores

### 20 kg

**20 kilograms is how much a moss costume weighs. However, rain would make this moisture-absorbing garment considerably heavier. Only six local townspeople are called upon every year to be one of the Moss Men.**

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

**Vine users meet Vine-Tune: Where Crowdsourcing meets Auto-Tune meets Twitter meets Vine meets a new way to procrastinate. If creating and sharing your six-second videos with your Vine pals isn't enough, you can now up your digital cred by having your gif-like videos be a part of indie bands' music videos.**

Each month, the folks at VineTune (designers from London, U.K.'s Beattie McGuinness Bungay ad agency) chose a relatively unknown song and create a music video using Vine vids.

As the song plays and the lyrics scroll across the top of the screen, the six-second videos with the same hashtag play. Sounds confusing? See for yourself (and add your own) at vinetune.com.

Don't have Vine yet? Google Play released it this week, while 13 million iPhone users having been Vine-ing for the past five months.

Twitter

**@metropicks asked: @pmharper was criticized for tweeting a partisan pitch asking followers to sign up for the Conservative party's newsletters. What do you want him to tweet about?**

**@FrenchmanCanada:** He should #LT an episode of his favorite show. I'd love for it to be Duck Dynasty or The Bachelorette.

**@J8780:** What Nigel Wright told him as to why he felt he needed to write Mike Duffy a $90,000 cheque.

**@KRam41:** re Harper tweets: It's a fine line I guess.. He tweets abt animals & gets flack, tweets abt party and same result.

**@MikeGormanHFX:** What sort of masonry cement does he use for his hair?

**@hserapsayv:** No tweets of Harper interest me (yawn) .. The minister of Canada should tweet on national issues not partisan issues

that said is Harper really working for Canada or just the conservatives am his own agenda?

**@SElliott_:** I'd like @pmharper to tweek about parenting whle being PM. Show us he's human.

**@awanderingsky:** The #pmo should handle the meaningless info tweets. @pmharper is missing out by not directly engaging the people.

**@LondonComp:** Let him tweet whatever he wants, if you don't like it don't follow him. All the other politicians tweet about their party.

**Follow @metropicks and take part in our daily poll.**

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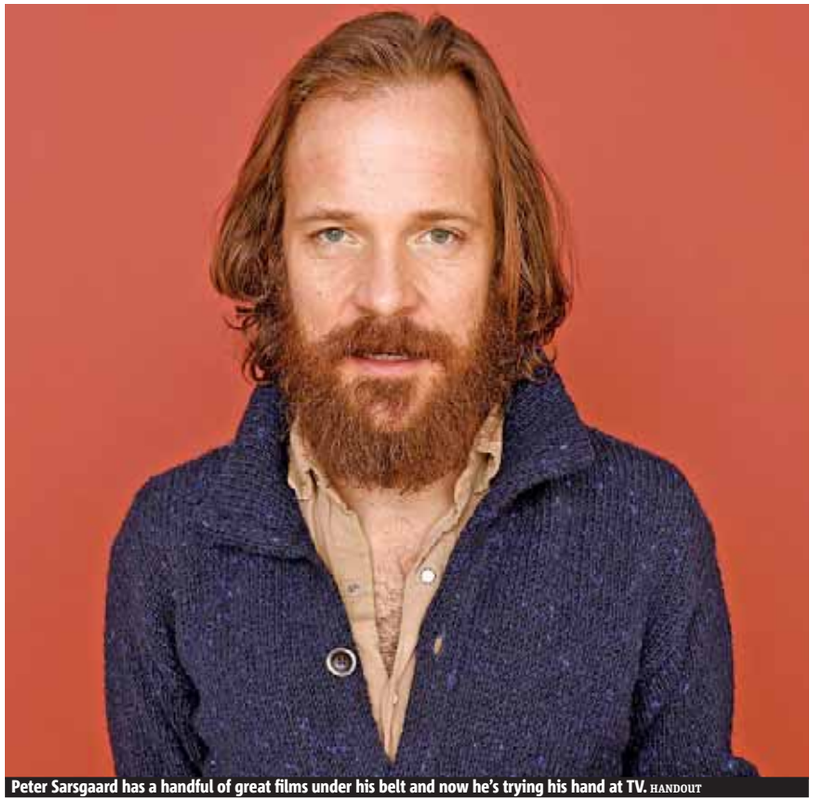
# Finding the meaning of life on death row

**The Killing.** Peter Sarsgaard's role as a sinister inmate who killed his wife has him thinking about the morality and ethics of the death penalty

MATTHEW PRIGGE
Metro World News in New York


Peter Sarsgaard has a handful of great films under his belt and now he's trying his hand at TV. HANDOUT

The third season of AMC's crime procedural The Killing, which premiered Sunday, has a new storyline and some new cast members. Among the neophytes is Peter Sarsgaard, a talented actor who's been among the best things in Boys Don't Cry, Garden State, Shattered Glass and An Education. In his first season-long television stint — which he was still shooting when we talked — Sarsgaard plays Ray Seward, a sinister death row inmate who killed his wife.

**What are the challenges of playing a death row inmate?**
So much of my story takes place in the same spot. In a lot of movies, there's the car chase, the scene at breakfast, the sex scene. This is about always going to the same cell. You have to find ways of doing a different dance on the same dance floor.

**Were those challenges what drew you to The Killing?**
Those, and also because the issues interested me. I'm very much against the death penalty. It's very easy to do a piece about someone who's been railroaded by the system who's innocent. If you don't believe in the death penalty, you have to take an extreme circumstance — someone who's indefensible — to see if it still applies. Otherwise, the death penalty applies in some cases.

**What made you want to work on TV?**
Just this show. I always really liked this show. I thought this material was better than some of the film stuff I was being offered. It seemed there was more of a role there.

**There's much less of a fear these days for serious actors to do TV.**
So many of my favourite actors are on television. So, if you want to act with them you have to be on television.

DVD reviews

## A Good Day to Die Hard

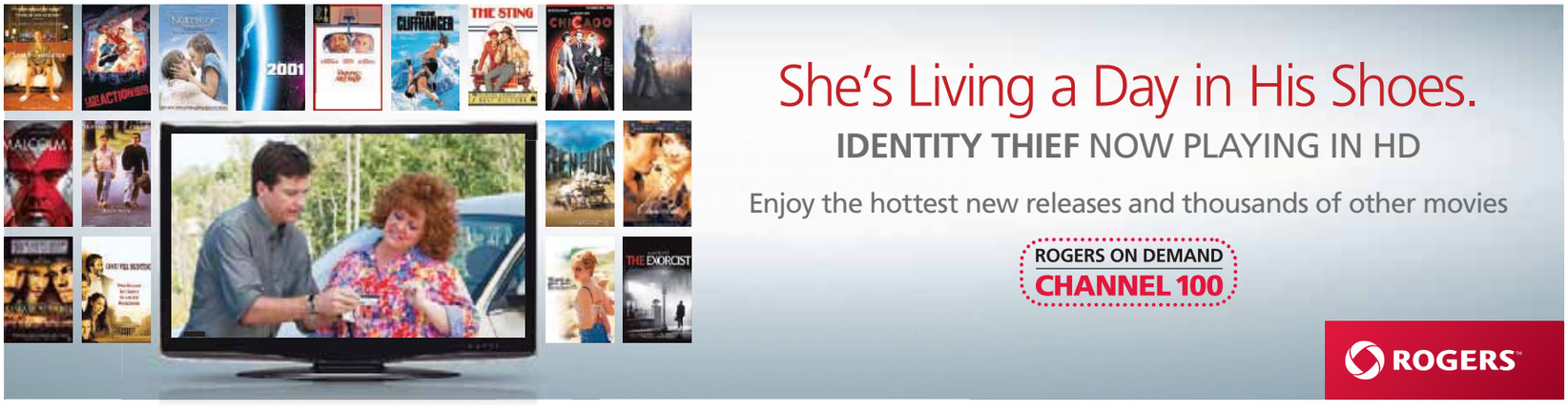
**Director.** John Moore

**Stars.** Bruce Willis, Jai Courtney

●●●○○

The Die Hard series sells the lone wolf concept — Willis vs. global terrorists — yet deep down, it's really about family reunification. Good thing, too, because the violence gets old fast. The thump-thump-thump of the heart may be hard to discern behind the rat-tat-tat of machine gun fire, but the love has always been there. Die Hards 1-3 sought to return cowboy cop John McClane (Bruce Willis) to the shaky embrace of his wife (Bonnie Bedelia); the fourth film, Live Free or Die Hard, had McClane rescuing his adult daughter (Mary Elizabeth Winstead). Now comes chapter five, A Good Day to Die Hard. It moves the divorced and retired McClane to Moscow while reuniting him with his son Jack (Jai Courtney of TV's Spartacus: Blood and Sand). Willis and Courtney make a strong match, believable both as fractious family members and also as sarcastic adversaries forced by circumstances to work together. The family that yippee-ki-yays together, stays together.

PETER HOWELL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# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

**The Word**

## *Jesse James' teen daughter heads to rehab*

Jesse James' daughter, Chandler James, 18, checked into rehab in April to battle her addiction to crystal meth, RadarOnline.com revealed yesterday. The site published troubling photos and video of Chandler, 18, inhaling crystal meth off of aluminum foil.
**DOROTHY ROBINSON / METRO**

# Will to live, happily: Arnett pumping some iron post-divorce

Arrested Development star Will Arnett found a very healthy and productive way to deal with his split from ex-wife Amy Poehler: hitting the gym. "If going to the gym obsessively for eight, nine months was my way of dealing, then let that be my worst problem," Arnett tells Details magazine. "Life is challenging, and I'd say that there's no guidebook — but there's about a million guidebooks out there. All people have been doing since the dawn of time is trying to figure out how to live this life and be happy. I'm no different." As looking for romance post-divorce, Arnett says he's not quite ready. "I'm not officially dating," he says. "I don't know what you do. Do you put out an announcement in the trades? 'I'm dating!' It all seems very scary to me, to be honest."

**Will Arnett** GETTY IMAGES

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# Rules for a summer-flat stomach

Don't be the party pooper that refuses to take their top off all summer. Experts tell us how to get a flat stomach and fast

ROMINA MCGUINNESS
life@metronews.ca

## Don't sip your cocktail using a straw

Bet that poolside cocktail was really refreshing and delicious. And that long straw meant you didn't even have to lift your head from the sun lounge in order to take a sip. "Big mistake!" says gastroenterologist Dr. Roshini Raj. "Drinking out of a straw causes you to swallow more air, which can lead to gas and bloating."

## De-clog your digestive track

Eating too many nuts and bananas can cause constipation, says Raj. "Nuts are good for you in many ways (they're a rich source of plant protein and omega-3 fatty acids) but the gelatinous form that they take when digested means they tend to stick together and get stuck … Bananas, especially when unripe, are full of starch, which has been shown to slow down digestion. If you suffer from constipation, stick to eating one a week," she adds.

## Work your deep abdominals

"Do 30 minutes worth of cardio exercises, five days a week. This can be anything from jogging and spinning, to treadmill exercises," recommends Michele Olson, exercise physiologist at Auburn University in Montgomery. "You also want to be doing push-ups and planks because your abs fire strongly during these moves in order to stabilize your back. Do two reps of 10 push-ups followed by 10 side planks to each side."

## Stay away foods that cause flatulence

Some foods produce more gas than others, making you feel full and bloated.

"Complex carbohydrates, found in some vegetables, including broccoli and cauliflower can cause gas. These foods contain sugars that are passed undigested into the colon where they are broken down by bacteria producing gas as a by-product. ... And if you're in the habit of stirring some Sweet'N Low into your morning coffee, beware. Artificial sweeteners can cause gas to get trapped in your belly," Michele Olson, exercise physiologist at Auburn University in Montgomery, said.

## Never, ever skip meals

If you think that skipping meals, taking laxatives or stopping eating altogether is going to do the trick, then think again.

"All this will do is cause you to lose water and electrolytes, leading to dehydration. This then prompts your body to retain water, meaning you'll just pack back on whatever water weight you lost," says Raj.

Best Health

# *New hope for MS patients*

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

There's good news about Multiple Sclerosis in the current issue of Best Health. A drug that was previously used to treat a type of leukemia has been found to benefit patients with early MS — both those who have not yet been treated for MS and those who did not respond to the first drug they were prescribed.

According to the results of two phase III clinical trials published in the journal The Lancet, the drug, called Alemtuzumab, reduces the number of relapses experienced by MS patients when compared to a drug commonly used to treat MS called interferon beta-1a (Rebif).

In one two-year study, 65 per cent of patients on Alemtuzumab remained relapse-free, compared to 47 per cent of patients on interferon beta-1a. However, adverse events were higher in the Alemtuzumab group.

It's not yet known when, or if, the drug may become available for Canadians, but the MS Society of Canada is monitoring activities related to Alemtuzumab and will provide updates on its website (mssociety.ca).

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A new drug is showing promise for MS patients. ISTOCK PHOTOS

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# Michael Douglas draws attention to the HPV risks

**Health.** The actor said that HPV, transmitted via cunnilingus, could cause throat cancer, which he was diagnosed with in 2010

ROMINA MCGUINNESS
Metro World News

In an interview with the Guardian newspaper, Michael Douglas said that oral sex can cause throat cancer. GETTY IMAGES

Metro spoke to Dr. Julie Sharp, senior science communications manager at Cancer Research UK, about the link between oral sex and cancer.

**What exactly is HPV?**
"It's a virus that's normally transferred through actual physical contact (skin-to-skin or sex). Although it is, in most cases symptomless, it can cause things such as genital warts. HPV is very common. Eight out of 10 people will be infected with it at some point in their life even though in most cases, they won't know anything about it."

**How can HPV cause cancer?**
"There are hundreds of different types of HPV and around a dozen of them can increase the risk of cancer. They're more associated with cervical and genital cancer but can be linked to certain types of mouth and throat cancer, through things such as oral sex. HPV infections most commonly occur to the fingers, hands, mouth and genitals and can cause DNA damage in the cells. If it's going to cause cancer it can be that you are exposed to a high risk form of HPV just once, but obviously, the more sexual partners you have, the more you're exposed to different types of HPV, increasing your risk of contracting one of the forms linked to cancer."

**Reducing risk**

**So should people stop having oral sex if they want to reduce their risk of getting cancer?**

- **Quote.** "With oral cancer, the main risk factors are still alcohol and smoking.."

**Michael Douglas has been married to actress Catherine Zeta Jones for 12 years. Is it possible that he caught the HPV before their relationship began — some 15 to 20 years ago?**
"Yes. And that's why these cancers are often diagnosed in older people, who might not even have been sexually active recently. So yes, it might have been a previous infection. Cancer doesn't just develop overnight. You might have had an infection that led to a cell change and then over the years, those changes turned into cancer."

**Would Catherine Zeta Jones have been at risk of getting the HPV from her husband?**
"I assume she would have been exposed to the virus at some point. It would depend on when he had it. The infection might have passed on by the time they got together, but the damage would have been done in terms of the cancer risk."

**Douglas also claims that although cunnilingus was the reason he got cancer in the first place, it's one of the best cures. Is this true?**
"I don't know what he's alluding to there. That doesn't have any basis in science or research. I'm also not sure how he's so certain that his cancer is linked to HPV. You can test for HPV, but I don't know if you can see if someone had an infection in the past. It's more likely that it was a combination of things. More than three quarters of oral cancers in men and more than half in women are caused by smoking. Alcohol also plays a big part. So they're all risk factors."

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# Turmeric trumps bread crumbs in fried fish

This recipe replaces traditional bread crumbs with turmeric as a coating for pan-fried fish.

**Ingredients**

- 1 egg
- 1 tbsp water
- 2 tbsp turmeric (or curry powder)
- 2 tbsp whole-wheat flour
- 1/4 tsp sea salt
- 1/4 tsp white pepper
- 1 lb catfish fillets
- 1 tbsp butter
- 1 tbsp grapeseed oil

This recipe serves four. SUBMITTED

**1.** Beat egg in a shallow bowl with 1 tbsp of water.

**2.** Mix turmeric, whole-wheat flour, sea salt and white pepper in a separate bowl.

**3.** Dredge fish in egg and then set into turmeric-flour mixture, turning to coat.

**4.** Warm a large skillet over medium-high heat and add butter and oil. Quickly add the coated fish.

**5.** Cook for 2-3 minutes and turn once to cook through for 2-3 more minutes.

**6.** Set fish onto paper towel to absorb any excess fat.

THERESA ALBERT/MYFRIENDINFOOD.COM

**Health Solutions**

## *Not a spice to sneeze at*

**NUTRI-BITES**
Theresa Albert
DHN, RNCP
myfriendinfood.com

It isn't a new spice by any means, but it could help you prevent cancer. Turmeric is one of the most widely studied foods for its potential anti-cancer properties. It has been shown to be anti-inflammatory and cell protective for all kinds of cancers from bowel to prostate.

It is a root that is dried and ground into a powder, which creates that yellow colour in curries.

Ways to work it in:
- Sprinkle some pure turmeric on a kitchen cut to stop the bleeding in its tracks.
- Add it to any tomato- based sauce, you won't taste or see it but it will boost the potency.
- Add to spice cakes.
- Stir into dips.
- Consume curries often.
- Mix with water and use as a scrub on sensitive skin.
- Take as a supplement.

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# Democracy from the comfort of your own desk

**From SoapBox to reality.** Application allows users to put their ideas to a vote

TAKARA SMALL
Metro News in Toronto
@takarasmall

**Who:** SoapBox

**What:** An online platform that allows individuals to share, discuss and vote on ideas

**Where:** 10 Dundas St E., Toronto

**Why:** "(My team and I) want to make tomorrow better than today. We've invested two to three years in the tool because we think it can change how people engage with their community, how they see the world."

Brennan McEachran, 22, types away on a computer at Ryerson's Digital Media Zone.

The university student clad in his usual uniform of jeans, T-shirt and sneakers has already adopted the look of the world's tech leaders.

Facebook's Zuckerberg, Mashable's Cashmore and Twitter's Dorsey and now perhaps, one day, McEachran: founder of SoapBox — a tool that makes it easier for a community to turn their ideas into reality via an online platform.

The application allows individuals to vote up or down an idea put forth by fellow community members. When an idea reaches critical mass it's then forwarded to a decision maker in the community for review and later put into action.

Unlike other startups, SoapBox began making money from their enterprise from the very beginning.

"We're a weird (group) in the startup community, where our services helped pay for our product from the go," he says, "but it still wasn't easy. "There were a lot sleepless nights in the beginning."

The name for the company originates in an unlikely place (and time): Hyde Park, London England approximately 200 years ago. In the past, people would take soap boxes to public places to shout out their great ideas where they would be either cheered or booed by passers by, all with the hope that others would hear their call for action and take notice.

Fast forward to today: The Soapbox application takes inspiration from the archaic idea by helping vocal community members share their ideas on a digital platform. His team use algorithms to evaluate and weed through the online noise and send the best ideas to chosen members. "We like to think of us as Hyde Park to parliament and later soapbox to an inbox."

**Go to metronews.ca/voices/mom-and-pop-shops/ to meet the young entrepreneurial minds behind SoapBox.**

Brennan McEachran is already leaps and bounds ahead of many tech leaders twice his age. The 22-year-old's application is in use by some of Canada's largest companies including Vitamin Water and Chapters. RYERSON UNIVERSITY

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Pitt of despair

## Pens fall behind 2-0 at home

Brad Marchand scored twice in a four-goal first period and the Boston Bruins routed the Pittsburgh Penguins 6-1 in Game 2 of the Eastern Conference final on Monday night.

Boston hardly broke a sweat while going up 2-0 in the best-of-seven series.

THE ASSOCIATED PRESS

Jim Kelly

## Bills Hall of Famer battling cancer

Buffalo Bills Hall of Fame quarterback Jim Kelly says he has been diagnosed with cancer in his upper jaw bone and will have surgery on June 7.

Kelly is suffering from squamous cell carcinoma, but he has recently undergone tests to show that the cancer is isolated in his jaw and has not spread to other parts of his body.

THE ASSOCIATED PRESS

NBA

## Kidd retires as one of sport's best-ever court generals

Jason Kidd retired Monday from the NBA after 19 seasons, ending one of the greatest careers for a point guard in league history.

Kidd won an NBA title and two Olympic gold medals, is second on the career list in assists and steals, and was a 10-time all-star. But he struggled badly in the playoffs for the Knicks this season shortly after turning 40 and decided to walk away.

THE ASSOCIATED PRESS

# Crossing the border of common decency

**Soccer.** B.C.-born U.S. player Leroux clarifies comments after friendly in Toronto, says she was racially abused in Vancouver

Sydney Leroux gets a pat on the head after scoring the final goal in the U.S.'s 3-0 win over Canada during a friendly on Sunday in Toronto. DAVID COOPER/TORSTAR NEWS SERVICE

Sydney Leroux showed some love for Toronto after an emotional 24 hours that saw the Canadian-born U.S. soccer international inflame passions with a cheeky goal celebration and a tweet about racial slurs.

But while calling the atmosphere at Sunday's Canada-U.S. game in Toronto a "positive step forward for women's soccer," Leroux revealed she had been racially abused in her birthplace of Vancouver during last year's Olympic qualifying tournament.

The Canadian Soccer Association, while adding its voice against racism, noted that no complaint was ever filed at the time. Leroux, U.S. Soccer said, had chosen to stay silent.

But Leroux's open-ended tweet Monday opened up the issue.

The rising star, who was booed throughout Sunday's match by the sold-out crowd at BMO Field, scored the final goal in the 3-0 U.S. win.

In celebrating her stoppage-time goal, she popped out her jersey to show the U.S. crest and put a finger to her mouth as if silencing the crowd.

On Monday morning, the 23-year-old — who was born in Vancouver to a Canadian mother and American father — took to Twitter to explain her actions.

"When you chant racial slurs, taunt me and talk about my family don't be mad when I shush you and show pride in what I represent. #america," Leroux tweeted.

The timing of the tweet led many to assume that the racial slurs in question happened at the game in Toronto.

Not so, U.S. Soccer clarified later in the day after the story took off. Leroux's tweet "was not in response to anything heard" at BMO Field, the U.S. governing body said in a statement.

U.S. Soccer said Leroux "has endured abuse both verbally and in social media," since switching her international allegiance from Canada to the U.S. in 2008.

"The racial slurs to which she referred in the tweet occurred during the 2012 Olympic Qualifying Tournament in Vancouver in January of 2012 and revolved around her father, who is African-American," said the statement. "At the time, she chose not to address them.

"Since the match (Sunday), she has received a significant number of tweets that contained racial slurs, and her tweet this morning was in response to the last year and a half in which such abuse has occurred more frequently.

THE CANADIAN PRESS

Ugly Canadians?

**"Racism has no place in our beautiful game and we all need to come together to make sure no players are subjected to this kind of treatment."**

**Vancouver-born soccer player Sydney Leroux,** who said in a statement Monday that she has received racial taunts since deciding to play internationally for the U.S.

4 SPORTS

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## Horoscopes

### ♈ Aries
**March 21 - April 20**
Your head will rule your heart today, but in a good way. Facts and figures are of the utmost importance, so make sure you know what's going on and what it might mean to your long-term plans.

### ♉ Taurus
**April 21 - May 21**
There are times when it all seems to come together and this is one of them. Today's Mercury-Saturn link will clarify what before may have seemed confusing.

### ♊ Gemini
**May 22 - June 21**
This is potentially one of the best times of the year for you and the closer you get to Saturday's new moon, the more you will follow your instincts and the happier you will be. Have fun.

### ♋ Cancer
**June 22 - July 23**
Something you visualize today can be more than just an idle daydream. It could turn out to be enjoyable and lucrative if you're motivated to make it happen. Get up and get to it.

### ♌ Leo
**July 24 - Aug. 23**
You may not want to seem mean, but if you give loved ones everything they ask for today, you may have nothing left for yourself. And if you're not happy, how can those around you be happy?

### ♍ Virgo
**Aug. 24 - Sept. 23**
Go out of your way to be nice to people today, even though they may not always be nice to you. Someone in a position of power will be impressed by your ability to get along.

### ♎ Libra
**Sept. 24 - Oct. 23**
Something you see or hear over the next few days will open your mind to the fact that the world is a bigger and more interesting place than you thought. Now all you need are some bigger goals.

### ♏ Scorpio
**Oct. 24 - Nov. 22**
You may be a no-nonsense Scorpio but there is a kinder side to your nature that only those who know you well get to see. Try letting a few more people in on the secret today.

### ♐ Sagittarius
**Nov. 23 - Dec. 21**
You may think you can do it alone but life will be so much easier if you have others by your side. What you most need today is someone with the patience to handle negotiations and read the small print.

### ♑ Capricorn
**Dec. 22 - Jan. 20**
Do what you think is right, even if everyone around you seems to think it is wrong. If you follow your conscience today, it's unlikely you will stray far from the righteous path.

### ♒ Aquarius
**Jan. 21 - Feb. 19**
Over the next few days, the right thing will happen at just the right time and those fears that have been invading your thoughts will just fade away. The upcoming new moon will give your confidence a boost.

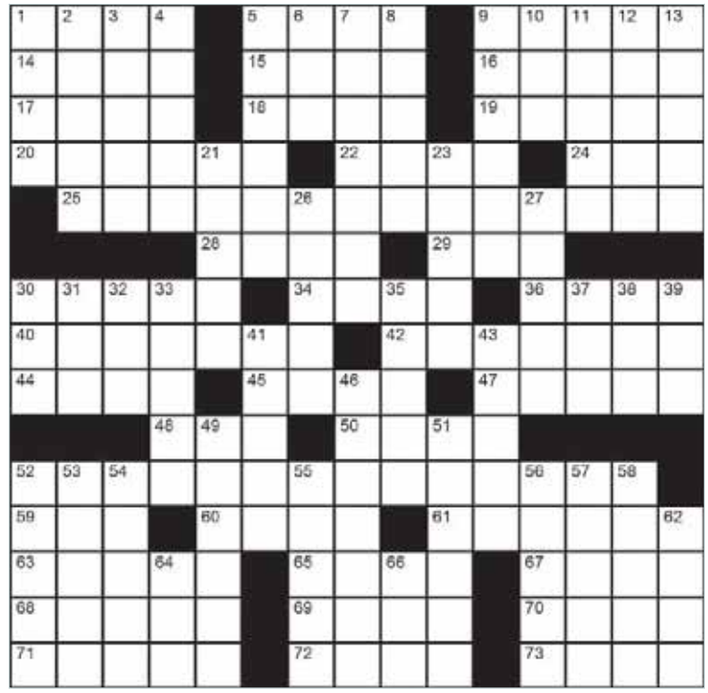
### ♓ Pisces
**Feb. 20 - March 20**
You don't have to give away all your worldly goods but you do have to do something to help people who are suffering in some way. Involve yourself in a bigger cause.

SALLY BROMPTON

## Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



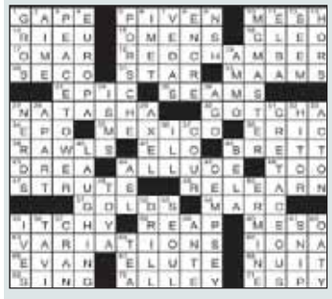
**Across**

1. Bird for Hans Christian Andersen
5. Univ. teacher
9. Radiohead hit
14. Robin Cook's thrilling book
15. Since, to Robert Burns
16. TV feed's sound
17. In the crowd
18. Himalayas hairy humanoid
19. "Love, __ O'er Me" by The Who
20. Early-'90s Canadian comedy series, "__ Mansion"
22. Like fine wine
24. Definite article
25. Aurora Borealis: 2 wds.
28. Arias, e.g.
29. Muck
30. Severus __ (Character in 'Harry Potter' books)
34. Smidgen
36. Borscht ingredient
40. Keep __ of the latest news
42. Set up
44. Gestures of affection for dogs
45. Bird beaks
47. Supplement: 2 wds.
48. Universal principle
50. Library verb
52. Gig for David Beckham: 2 wds.
59. For each
60. Manitoba community, __ Lake
61. Tooth topping
63. Period
65. Seaport of Yemen
67. 6th Greek†alphabet letter
68. Maiden name of Dixie Chicks member Emily Robison
69. Mr. Bridges
70. Mr. Stoltz
71. Edible seaweed
72. Biblical grandson
73. Unit of force

**Down**

1. Rip off
2. Shania Twain album: 'The __ in Me'
3. __ acid
4. Rock bottom
5. Hitchcock horror
6. Seedy sandwich selection
7. Toronto's locale
8. Fake
9. Fitness routine component
10. Ms. McClanahan
11. Ms. Wharton of books
12. "__ Is Enough" (Old TV series)
13. Cornmeal breads
21. Sailor's status: 2 wds.
23. British composer of 'Pomp and Circumstance' marches, Sir Edward __ (b.1857 - d.1934)
26. Upper crust
27. Spoil, as food: 2 wds.
30. Deplete, as energy
31. NFL, NHL ...and what else?
32. Mr. Linkletter
33. Plague, in Paris
35. Electroshock-er
37. "Howards __" (1992)
38. Alter __
39. British band, __ Years After
41. __ Owl
43. Inert gas
46. Manitoba city
49. Actress Ms. Dahl
51. Makes right
52. Hiked, as prices
53. Kind of jacket
54. Southern __, as per accents
55. Related maternally
56. Groggy
57. Manicurist's tool, __ board
58. Accept, as to a club: 2 wds.
62. Dainty fabric
64. Paris to Nicky, for short
66. Tokyo, formerly

## Yesterday's Crossword



## Sudoku

**How to play**
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | 5 | | 8 | 4 | 2 | | 6 | |
| 1 | | | | | | | | 3 |
| | | 9 | | | | 5 | | |
| 9 | 1 | | 6 | | 8 | | 3 | 4 |
| | | | | 7 | | | | |
| 2 | 8 | | 4 | | 1 | | 7 | 9 |
| | | 4 | | | | 1 | | |
| 5 | | | | | | | | 7 |
| | 9 | | 1 | 6 | 7 | | 5 | |

## Yesterday's Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 9 | 3 | 2 | 8 | 4 | 6 | 7 | 5 | 1 |
| 1 | 8 | 4 | 3 | 7 | 5 | 2 | 6 | 9 |
| 5 | 6 | 7 | 9 | 2 | 1 | 3 | 4 | 8 |
| 3 | 4 | 6 | 1 | 5 | 7 | 8 | 9 | 2 |
| 2 | 9 | 1 | 6 | 8 | 3 | 4 | 7 | 5 |
| 8 | 7 | 5 | 4 | 9 | 2 | 6 | 1 | 3 |
| 4 | 1 | 8 | 7 | 3 | 9 | 5 | 2 | 6 |
| 7 | 2 | 9 | 5 | 6 | 8 | 1 | 3 | 4 |
| 6 | 5 | 3 | 2 | 1 | 4 | 9 | 8 | 7 |

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